

Man-Yana

Compte: 48

Mur: 2

Niveau: Intermediate

Chorégraphe: Linda Hegarty (UK)

Musique: Manana (Is Good Enough For Me) - Peggy Lee



SHUFFLE RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT, STEP LEFT HOLD

- 1&2 Shuffle forward right left right
- 3&4 Shuffle forward left right left
- 5&6 Shuffle forward right left right
- 7-8 Step left forward and hold

RIGHT ¼ SAILOR, LEFT SAILOR, WALK RIGHT LEFT, TOUCH AND TOUCH

- 9&10 Sailor on the right while turning ¼ turn right
- 11&12 Sailor on the left
- 13-14 Walk forward right left
- 15&16 Touch right behind left, step right back, touch left in front of right

SHUFFLE LEFT-RIGHT-LEFT, TOUCH AND TOUCH, STEP LEFT ¼ TURN, CROSS SHUFFLE LEFT-RIGHT-LEFT

- 17&18 Shuffle forward left right left
- 19&20 Touch right behind left, step right back, touch left in front of right
- 21-22 Step left forward pivot ¼ turn right
- 23&24 Cross shuffle left right left over right

TURN ½ TURN LEFT, CROSS SHUFFLE RIGHT-LEFT-RIGHT, TURN ¾ TURN RIGHT, CROSS AND STEP

- 25-26 Step right left while turning ½ turn left
- 27&28 Cross shuffle right left right over left
- 29-30 Step left right while turning ¾ turn right
- 31&32 Cross step left over right, step right back, step left to left side

CROSS RIGHT HOLD, SHUFFLE LEFT-RIGHT-LEFT, BACK RIGHT HOLD, LEFT ROCK AND CROSS

- 33-34 Cross right over left hold
- 35&36 Side shuffle left right left
- 37-38 Cross right behind left hold
- 39-40 Rock left to left side, recover onto right, cross left over right

SHUFFLE RIGHT-LEFT-RIGHT, 1 ½ TURN, STEP LEFT ½ TURN, ROCK AND STEP

- 41&42 Side shuffle right left right
- 43-44 Step left right while turning 1 ¼ turns right

Instead of counts 43-44 just step left forward and pivot ¼ turn right. This step should be used for beginner dancers

- 45-46 Step left forward and pivot ½ turn right
- 47&48 Rock forward left, recover onto right, step left beside right

REPEAT